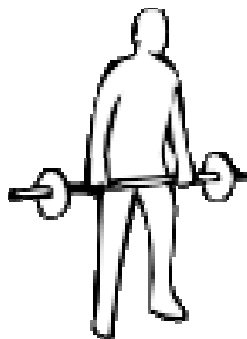


# Eating for Resistance Training

## WEIGHT TRAINING AND STRENGTH TRAINING

### **Energy needs for Resistance Training:**

- Your energy needs depend on how often and how “hard” you train, as well as your overall goals.
- Diets low in calories can lead to loss of body weight and loss of muscle.
- Diets high in energy can result in gains in body mass, including muscle and fat.
- Gaining muscle mass requires adequate energy and protein intake, resistance training, and appropriate hormone levels.
- Consuming a diet containing high-quality protein, adequate carbohydrates, and heart-healthy fat sources can aid in your resistance training goals.
- Eating enough protein is critical to building and repairing muscle in a resistance training regimen.



### **Carbohydrates:**

- Carbohydrates provide energy so your body doesn't have to use protein as fuel.
- Eating enough carbohydrates can prevent early fatigue and injury.
- Carbohydrate intake of 2.3 to 3.6 grams per pound (5 to 8 per kilogram) is likely enough.

### **Some sources include:**

- Whole grains like whole wheat breads and pasta, brown rice and quinoa
- Fruit
- Dairy
- Sports bars
- Sports drinks

### **Fats:**

- When performing a high intensity, high power resistance exercise, fat is NOT used as a source of fuel.
- Fat does however; provide energy for low-to moderate exercise and insulates your organs.
- Aim for a diet containing 20 – 35 percent of energy from fat.
- Very-low fat diets are NOT recommended because they can lead to a shortage of some nutrients that can hurt your performance.

### **Some sources include:**

- Fats
- Nuts
- Seeds
- Vegetable oils and spreads from vegetable-oil base

## **Protein:**

- **Resistance training requires muscle strength and power.**
- **Protein plays an important role in building and maintaining muscle. It also promotes healthy immune function.**
- **The amount of protein needed depends upon where you are in your training.**
- **Aim to eat a small amount of protein (10-20 grams, or about 2-3 ounces of lean meat, 2 cups of low-fat milk, or a scoop of most protein powders) *after* each bout of weight training to give your muscles the needed building blocks.**

## **Recommended amounts and Sources of Protein:**

<b>Phases of Training</b>	<b>Daily Protein needs per Kilogram</b>	<b>Daily Protein needs per Pound</b>
	(per kg body weight)	(per lb body weight)
<b>Weight and body-focused sports</b>	1.2 to 1.7 grams per kilogram	0.55 to 0.8 grams per pound
<b>Body-Building</b>	1.4 to 1.7grams per kilogram	0.68 to 0.9 grams per pound

[www.eatright.org](http://www.eatright.org)

## **Good Sources of Protein Include:**

- **Lean meat poultry and fish**
- **Fat-free or low- fat milk yogurt and cheese**
- **Eggs**
- **Legumes (lentils, black beans, pinto beans, dried peas)**
- **Soy products**